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Entertainment

Dummies return, Oooh La La, pg 15

Celebrity Buzz

Seyfried not rockin' the love boat pg 18

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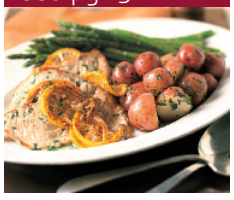
Local pg 3

Squamish, city combine forces

Food pg 13



Decadence made easy

Entertainment pg 16

Myers living his own fairy tale

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LAURA FORTE/FOR METRO VANCOUVER

Defendants Bob Virk, front, and Dave Basi outside the B.C. Supreme Court in downtown Vancouver yesterday. The B.C. Rail corruption trial was adjourned until today.

B.C. Rail corruption trial delayed

COURT The start of the long-awaited B.C. Rail corruption trial was delayed yesterday to allow lawyers time to resolve some outstanding issues.

Former B.C. Liberal aides Bob Virk and Dave Basi have pleaded not guilty to a number of charges stemming from a police raid on the provincial legislature six-and-a-half years ago.

The trial, which centres on the $1-billion sale of B.C. Rail to CN Rail in 2003, was supposed to have begun yesterday morning.

In the afternoon, after the trial had been delayed once, Associate Chief Justice Anne MacKenzie apologized to jurors for inconveniencing them. She said there were issues that needed to be sorted out and told jurors the trial would reconvene today at 10 a.m.

Virk and Basi are charged with fraud, breach of trust and accepting a bribe. Aneal Basi, Dave Basi's cousin and a former public relations officer with the Ministry of Transportation, is charged with laundering money.

Outside court, NDP MLA Leonard Krog said he's hopeful the trial offers a full account of the privatization of B.C. Rail.

"It's not ideal when you have a raid on the legislature six-and-a-half years ago and you are only now at the formal commencement of a trial," Krog said.

"This is not satisfactory justice, by anyone's standards."

JEFF HODSON/METRO VANCOUVER

Anti-HST drive has target in sights

Will exceed 10%: Organizers

KRISTEN THOMPSON
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The petition campaign to have the pending HST repealed hasn't yet reached the halfway mark, but already canvassers have collected the requisite signatures from 72 of the province's 85 ridings.

Chris Delaney, organizer of the Fight HST campaign, said 500,000 signatures have been added to the initiative petition to axe the tax.

Elections B.C. requires organizers to collect signatures from at least 10 per cent of voters in every riding by July 4, to get the petition placed before the legislature.

Delaney and former B.C. premier Bill Vander Zalm started the drive in early April.

"We've got about 13 ridings left to go, and of those most are close to the target," Delaney said. "We expect we'll be at 10 per cent in all the ridings by the end of May, and at 15 per cent by the first week in June."

Delaney said most of the remaining ridings are in Vancouver and Burnaby, but that's because the campaign started late in those communities.

"The good news is they're catching up extremely quickly," he said.

If successful, the petition would go before the legislature in the fall, and the harmonized sales tax — which kicks in on July 1 — could be repealed.

Vander Zalm is also criticizing the province's newly provided list of goods and services that will be affected by HST. He said it's missing more than 30 items.

"They left out items such as catering, computer repair services, consulting services, home appraisals, investment counselling, limousine rentals and even parking fees," said Vander Zalm.

"We've got about 13 ridings left to go, and of those most are close to the target."
Chris Delaney, Fight HST organizer

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Local

Grouse Grind may stay closed till June

The Grouse Grind may not open until late June because some hikers are ignoring the "trail closed" sign and undoing the work of ground crews. Dozens of people a day seem to be finding a way around the closed gates at the bottom. NEWS1130.COM

Humans likely cause of beach blaze: Officer

Campers reminded to take care

KRISTEN THOMPSON
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Early indications suggest the forest fire that broke out near Britannia Beach south of Squamish was started by humans, according to the British Columbia Forest Service.

"There wasn't any lighting in the area, so it's pretty safe (to say) it was caused by some sort of human activity, but the details need to be investigated," said Kim Steinbart, a provincial fire information officer.

The fire was discovered on Saturday evening and quickly spread to three hectares — about the size of two football fields.

A crew of roughly 30 firefighters managed to put out the blaze by Sunday evening.

As to whether this indicates another summer of wildfires, Steinbart said it's too early to say.

"We were looking at the possibility of a fairly early and quick start to the (fire) season, but that hasn't happened," she said.

"Looking further ahead into the summer months gets more and more unreliable. If things continue to be fairly dry and warm, then we are certainly setting ourselves up for a busy season."

She said as people head out camping this long weekend, they need to remember to take proper care of their campfires.

"This fire over the weekend near Britannia Beach is an indication that things are dry and fires can happen," she said.

Steinbart is reminding campers to always build fires in pits or surrounded by rocks, make sure fires are properly put out when you leave, have water and sand close at hand in case of sparks, and never leave fires unattended.

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Man gets 30-day sentence for beating cat

CRIME A man has been sentenced to 30 days in jail for bludgeoning a cat on Christmas Day more than three years ago.

It took a car crash in Nelson, B.C., earlier this month for authorities to locate and arrest on an outstanding warrant the suspect in the cat beating.

In addition to the jail time, David Wayne Canaday was also fined $50 after pleading guilty, the B.C. SPCA said.

"It's been a long haul," said Erika Paul, the B.C. SPCA special provincial constable who investigated the case.

Canaday was spending the holidays in Duncan, on Vancouver Island, with a family and their female cat, Goober, on Dec. 25, 2006.

The family went out and returned home to find their pet sprawled on the floor covered in blood. Goober was rushed to the vet and euthanized.

Paul said it didn't look like an accident when she visited the home.

"There was blood spatter throughout the house, there were claw marks on the walls and windowsills, and there were large holes in the walls that appeared to have been made by the broom handle," she said.

Canaday has also been ordered to undergo a psychiatric assessment.

METRO VANCOUVER

City, Squamish Nation sign 'historic' agreement

KRISTEN THOMPSON
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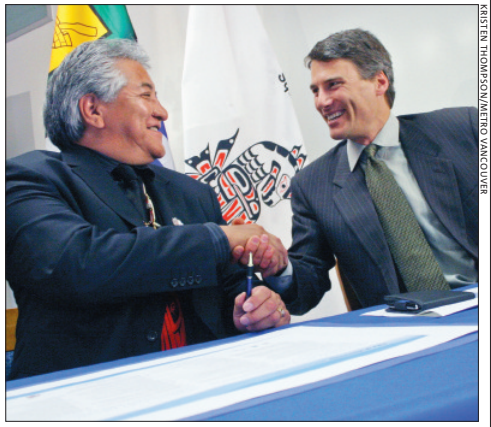
MEMO Riding on the successful partnership formed during the Olympics, the City of Vancouver and Squamish Nation signed a memorandum of understanding yesterday to bring the two communities closer.

The memo was signed by Mayor Gregor Robertson and Squamish Nation Chief Gibby Jacob, to collaborate on areas of mutual interest such as economic development, tourism and environmental protection.

"We share many of the same aspirations," said Robertson. "By working together to combine our unique perspectives, our energy and our enthusiasm, we will achieve great things."

Jacob called the event "historic."

"The things in the past should never be forgotten, but we must go forward and create a prosperous reality," he said.



KRISTEN THOMPSON/METRO VANCOUVER

Chief Gibby Jacob, left, and Mayor Gregor Robertson agree to work together at Vancouver city hall yesterday.

"By working together to combine our unique perspectives, our energy and our enthusiasm, we will achieve great things."
Mayor Gregor Robertson

"The city is part of our history, villages, mythology, culture, language and resources that have sustained our peoples since time immemorial."

Vancouver and the Squamish Nation will form a steering committee to meet regularly and will bring their councils together at least once a year.

News in brief

REPAIRS The urban gardens atop Vancouver's Robson Square have been cleared out to repair a leak in the roof. A rubber membrane is being installed as water was leaking into the building below. Repairs could take up to one year.

JOCKEY A veteran jockey is recovering after suffering broken ribs and a punctured lung after a collision at Hastings Racecourse on Saturday afternoon, news1130.com reports. April Friesen was riding down the final stretch when her horse collided with two others.

MISSING Search-and-rescue teams are still looking for a 53-year-old man who went missing after kayaking alone on McCulloch Lake reservoir near Kelowna. Police found Eric Thomas' unoccupied truck and kayak overturned on Sunday.

METRO NEWS SERVICES

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See the Local page to learn how to scan.

Lifeguards on duty at 11 beaches, three pools this weekend

Beach season starts this Saturday in Vancouver when lifeguards begin patrolling 11 beaches and three beachside pools. Park Rangers will also be on hand to assist people in the city's parks. Beaches and pools will stay open every weekend until Labour Day. METRO NEWS SERVICES

Kembo trial wraps up

Evidence in murder case 'overwhelming': Prosecution

The prosecution in a quadruple murder trial agrees the case against Charles Kembo is only circumstantial.

But Hank Reiner told a B.C. Supreme Court jury in his closing arguments that it was about as powerful a circumstantial-evidence case as you could get. He said yesterday the evidence against Kembo is "compelling and overwhelming" enough to convict.

Kembo is accused of killing his wife, a former girlfriend, his step-daughter and a business partner one at a time between December 2002 and July 2005. He testified in his own defence earlier in the trial and denied killing the four, but admitted to guilt over an incestuous relationship with his 20-year-old step-daughter Rita Yeung.

The Crown's case has been based on the premise Kembo killed the four to use their identification in a money-making fraud scheme.

In his closing statements, Kembo's lawyer said the Crown's circumstantial evidence isn't enough for a conviction.

"There is no direct evidence that Mr. Kembo was involved in any of the victims' deaths," Don Morrison said yesterday.

But Morrison also qualified the statement, noting the vaginal swab with semen taken from the body of Yeung was linked to Kembo. THE CANADIAN PRESS

LAURA FORTE/FOR METRO VANCOUVER

Vancouver police Const. Lindsey Houghton says yesterday a police dog helped track down a sexual assault suspect in a wooded area at the PNE.

Man arrested in PNE sex assault

LAURA FORTE
for Metro Vancouver

CHARGES A man has been arrested after a 59-year-old Vancouver woman was sexually assaulted in Hastings Park on the PNE grounds.

The woman was collecting bottles in the wooded area at about 5:45 on Thursday evening when a man she didn't know allegedly pulled a knife and then sexually assaulted her.

"After the assault, the man let her go," said Vancouver police Const. Lindsey Houghton. "She then made her way to the PNE administration offices and they assisted her."

Police responded after staff called 911.

"With the assistance of a Vancouver police dog, he searched the area of the park and a man was taken into custody," said Houghton.

Gary Alexander Vogrig, a 47-year-old man of no fixed address, has been charged with two counts of sexual assault with a weapon.

Vogrig spent six years in jail for a similar assault in Vancouver in 1990, Houghton said. He's being held until a court appearance May 21.

Judge calls for Campbell to step up role in revamp of B.C. child welfare laws

CHILDREN The architect of British Columbia's blueprint to rebuild the province's child-welfare system says Premier Gordon Campbell must take a leadership role on behalf of children.

Former judge Ted Hughes said yesterday in a letter to Campbell that proposed legislation involving access to cabinet documents by the children's watchdog strikes "a negative blow to the heart" of regulations monitoring child protection in B.C.

Hughes called on Campbell to dump the legislation or consider tabling the amendments and consent to a mediation process. He also offered his services to the government.

Hughes became involved in the matter when children's representative Mary Ellen Turpel-Lafond sued the government after she was denied access to documents she needs to prepare an audit of 4,000 vulnerable children.

Four years ago, when Hughes wrote a report into how B.C. looks after children, he called for the creation of Turpel-Lafond's job and the adoption of the Representative for Children and Youth Act, which incorporated the 62 recommendations he made. THE CANADIAN PRESS

VPD probe case of man found needing medical help in Surrey

LAURA FORTE
for Metro Vancouver

EMERGENCY Vancouver police are investigating an incident where a man was left in serious condition in Surrey — usually an RCMP jurisdiction.

Mounties in that city responded to a call on Sunday night about a man repeatedly honking his horn. As RCMP officers located the car, it sped off. It was quickly found one and a half blocks away.

That's when officers noticed the 30-year-old driver, a Surrey resident, needed medical attention.

"The man is currently in hospital in serious condition, and there are no obvious signs of injury or trauma," said Const. Lindsey Houghton. He added that new police protocols require outside police agencies to investigate serious injuries.

The investigation is in the "very early stages" and there is "no indication at all that there was any type of police pursuit," said Houghton.

News in brief

DRUGS Two B.C. businessmen have been arrested for allegedly smuggling drugs into the United States. Chris Neary, Chris Fontana and three other men were stopped in Mount Baker National Forest. The suspects were caught with backpacks full of marijuana after hiking across the border overnight from Cultus Lake.

EDUCATION Around 75 Vancouver parents lined up at 7 a.m. to register their children for summer school yesterday, because they were worried recent budget cuts may restrict the number of spaces, CBC News Online reports. The board said there are no plans to cut spaces this summer. THE ASSOCIATED PRESS

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54-40 to help kick off Cloverdale rodeo
Canadian rockers 54-40 are playing a gig at the Cloverdale Agriplex on Thursday to kick off the annual Cloverdale Rodeo and Country Fair. The rodeo runs from May 21 to May 24. METRO VANCOUVER

Bait cars worked, says de Jong

Strategically placed bait cars are being credited with helping lower auto thefts during the Vancouver Winter Olympic Games, B.C.'s solicitor general said yesterday.

Vehicle thefts hit a 14-year low, Michael de Jong said. There were 730 stolen cars and 1,335 auto break-ins in February 2010 — a 22 per cent reduction in thefts and 15 per cent fewer break-ins compared to the same period last year.

"We warned car thieves that bait cars would be everywhere during the Games, and it appears they got the message," said de Jong.

To show that the decrease in thefts is a long-term and gradual process, de Jong also compared the February 2010 numbers with February 1996 when 64 per cent more cars were stolen and police recorded 71 per cent more break-ins.

"This success is all the more impressive given the number of visitors' vehicles in B.C. during this time — not to mention that there are about 400,000 more vehicles on Metro Vancouver roads than there were in 1996."

Bait cars were introduced in B.C. in 2004 as part of a project called Impact. During the Olympics, many of the bait cars displayed cameras and laptops marked with new MicroDot DNA technology, which helps police track stolen goods and provides indisputable evidence in court.

METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Vancouver's Olympic Village re-opened for sale Saturday and sold three dozen units, starting at $445,000, in the first two days.

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News in brief

HOUSING COPE Coun. Ellen Woodsworth wants Vancouver to endorse the creation of a national housing program that has been put forward as a private member's bill by Vancouver-East MP Libby Davies.

LEADS Police are seeking new information into the fatal shooting of a man at the Cloverdale Show Lounge one year ago. Investigators said Christopher Roy Whitmee was an innocent bystander.

CHARGES A 37-year-old man, Jason Randolph, has been charged with three counts of robbery in connection with a series of thefts in North Vancouver. METRO NEWS SERVICES

Man charged in two hit-and-runs

RCMP A 23-year-old Maple Ridge man has been charged after he allegedly hit a flag person and a car in two separate hit-and-runs, Mounties said yesterday.

On Thursday, a pickup crashed into a car in Mission and then fled for home, police said. On the way, the driver struck a 68-year-old flagman in the 10400 block of 280th Street.

The flagman was taken to hospital with non-life-threatening injuries.

The suspect was arrested at his residence and was "forcibly" taken into custody, RCMP said.

Kyle Nelson Robert Moberg, of Maple Ridge, was charged Friday in Port Coquitlam with two counts of criminal hit-and-run, two counts of assault with a weapon and one count of dangerous driving.

Moberg was remanded in custody and will make his next court appearance on May 20. METRO VANCOUVER

B.C.'s housing sales up 6.3% in April, bucking national trend

REALTY British Columbia's housing market bucked a national decline in April that saw seasonally adjusted housing sales units slip by 2.6 per cent.

The province experienced a 6.3 per cent increase in April, according to statistics released yesterday by the Canadian Real Estate Association. Seasonally adjusted unit sales increased to 7,243 units, up by more than 400 units from March.

The hot market was evident this weekend during the re-opening of sales of Vancouver's Olympic Village where 36 units sold in two days.

Residential sales topped $3.7 billion in the province, up from $3.4 billion a month previous.

Nationally, the seasonably adjusted number sold declined to 42,078, a drop of about 1,100 units.

In the past year, the number of units sold in B.C. has increased 21.2 per cent, while the value of those sold units have increased by 39.9 per cent.

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Oilsands may be riskier than Gulf: Group
A report says the oilsands could be a riskier place to invest for the long-term than the Gulf of Mexico, where a ruptured oil rig has been spewing crude oil. THE CANADIAN PRESS

Canada

Anarchists vow trouble at G20

Group claims Toronto will 'regret' summit

It will be militant. It will be confrontational. And some things may be smashed.

In a rallying cry that has its made its way onto numerous anti-capitalist websites, a group of Ontario anarchists is dropping clues of its plans to disrupt the G20 summit.

The Southern Ontario Anarchist Resistance (SOAR) plans to take part in the June 26 People First march — a popular public rally at London's G20 summit in 2009 — before continuing down to the security fence to "confront the police state."

"This action will be militant and confrontational, seeking to humiliate the security apparatus."
Southern Ontario Anarchist Resistance (SOAR)

"This action will be militant and confrontational, seeking to humiliate the security apparatus and make Toronto's elites regret letting the dang G20 in here," said the message, which first made rounds early last week.

The message promotes several protest events, including a roaming street party, and implores its members to support a variety of tactics.

It is unclear how large the group's membership is. A message to SOAR wasn't returned.

TORSTAR NEWS SERVICE

Canada-born cameraman alive

BANGKOK According to Thai television reports, Canadian-born cameraman Nelson Rand died over the weekend.

No one told him, however.

"Are you kidding?" he said, recovering in the intensive care unit of a private hospital in the Thai capital yesterday, as firefights continued across the city.

The 34-year-old Burlington, Ont., -born journalist and author was shot three times Friday near the Japanese Embassy while filming clashes between government soldiers and Red Shirt protesters who have occupied a posh district in downtown Bangkok for two months now.

The protesters are demanding the dissolution of Parliament and fresh elections.

Government soldiers, meanwhile, are desperately trying to disperse them and restore Thailand's image as a peaceful, welcoming tourist destination.

Rand was strong, clear-minded and surprisingly good-humoured for a man who had nearly died.

"Did I flatline?" he asked a visiting friend — meaning: had his heart stopped? It had stopped, his friend and fellow Canadian Chandler Vandergrift told him: For about six seconds, according to doctors, before he was revived.

BILL SCHILLER/TORSTAR NEWS SERVICE

Canadian-born cameraman Nelson Rand recovers in the intensive care unit of a Bangkok hospital yesterday during a visit with a friend. Rand was hit by three bullets from a sniper on Friday while covering protests in Bangkok.

TORSTAR NEWS SERVICE

MORE COVERAGE, PAGE 8

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News in brief

ABORTION The Harper government distanced itself yesterday from anti-abortion remarks by one of Canada's most prominent religious leaders that have caused an uproar. The controversy was triggered when the Quebec City's cardinal Marc Ouellet called abortion a moral crime in every case, even in the case of rape victims.

SMOKING Federal government workers, high school students and Supreme Court employees are buying illegal smokes, says a study by the Canadian Convenience Stores Association. The study counted cigarette butts outside government buildings and schools in Ottawa. THE CANADIAN PRESS

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Hundreds escape Vietnamese drug rehab camp

Nearly 600 inmates in a Vietnamese drug rehabilitation camp overpowered security guards and escaped, an official said yesterday. At least two-thirds of them were still at large. Vietnam's laws allow drug addicts to be held for up to two years in rehabilitation centres, many of which include hard labour and communist "ideological education." THE ASSOCIATED PRESS

World

We got lucky on H1N1: WHO head

The UN's global health chief says the world was lucky that the swine flu pandemic was relatively mild. WHO director-general Margaret Chan, left, says the virus hadn't mutated into a more dangerous form, and treatments such as Tamiflu and vaccines proved effective. But, she says, a problem in any of these areas would have made the flu outbreak far more severe. Chan says public health successes usually result from governments enacting good policy and devoting enough resources. THE ASSOCIATED PRESS

'For me, this is about justice'

Resolve remains strong among Red Shirts

They were expected to be cowed and scared.

Instead — they were defiant.

Thailand's Red Shirt protesters faced down an ultimatum by government forces yesterday to clear women and children from their protest site and prepare for a final clash.

But the protesters refused to flinch.

"We're not leaving. We're staying put," said 34-year-old farm labourer Tongmak Sanrut, who with his wife and two infant sons has been camped out in the heart of Bangkok for two months.

"We want democracy and we want justice ... and if violence comes, our struggle will continue."

And with those words, Sanrut — a thin rake of a man from northern Thailand — crystallized an essential truth the government of Prime Minister Abhisit Vejiajiva seems so far to have failed to grasp.

The government's actions have focused entirely on putting down a protest.

But what's at work here goes far deeper: Thailand is seeing an emerging movement based on widespread discontent with the way the country is run.

It's a movement not likely to go away when the protesters return home.

People here are fed up.

As gunfire and explosions rumble across Bangkok's night skies, protesters awaken in this camp each morning, survey the bullet holes, count the casualties — if and when they occur — and feel more alienated from a government that has thus far said nothing about their grievances.

For many, their resolve only deepens.

Last night appeared to be marginally calmer across Bangkok and reports emerged about a possible ceasefire deal being brokered. But nothing was confirmed.

Red Shirts continue to push for the dissolution of parliament and for fresh elections.

They say the current government — which gained power through the courts, a parliamentary vote and the backing of the military — must step down.

Government media has portrayed Red Shirt supporters as dumb as buffaloes; lackeys of former prime minister Thaksin Shinawatra who was removed by a military coup in 2006 and who now lives in exile.

But that might be simplistic.

"I'm not interested in Thaksin," Sanrut says bluntly. "For me, this is about justice."

TORSTAR NEWS SERVICE

The showdown in Thailand

- Protests began March 14; violence erupted on April 10.
- The death toll surpassed 60 yesterday, with the vast majority being civilians, according to one protest leader.
- More than 1,600 others have been injured.
- Many of the protesters — known as Red Shirts — say Prime Minister Abhisit is ruling on behalf of a small, well-connected elite.
- The Abhisit government has thus far refused to allow any outside intervention into what it says is its internal affairs.

South Korea **They grow up so fast**

LEE JIN-MAN/THE ASSOCIATED PRESS

Yesterday was the 38th Coming of Age Day in South Korea, a ceremony held to authorize boys and girls at the age of 20 — who have been living under the protection of their families — as independent individuals.

Companies to cut 1.5 trillion calories

FOOD Several of the U.S.'s largest food companies say they will take 1.5 trillion calories out of their products by 2015 in an effort to reduce childhood obesity.

The companies made the announcement through the Healthy Weight Commitment Foundation, a coalition of retailers, food and beverage manufacturers and industry trade associations.

The industry foundation said the companies will introduce lower-calorie foods, change product recipes and reduce portion sizes to achieve the goal, seeking to reduce one trillion of the 1.5 trillion by 2012.

In a speech to an industry association in March, first lady Michelle Obama urged companies not to find creative ways to market products as healthy — including reducing fat and replacing it with sugar, or vice versa — but to increase nutrients as well. THE ASSOCIATED PRESS

35 dead in bus attack

INDIA Maoist rebels blew up a bus filled with police and civilians yesterday as it drove through central India, killing at least 35 people, police said.

Nineteen civilians and 16 police officers were killed in the attack that took place in the state of Chhattisgarh, which has been the site of fierce fighting between the Maoists and government forces in recent months, said a senior police officer.

Another police official said the bus was hit by a rebel land mine.

Police often ride in civilian buses, apparently in an attempt to avoid rebel attack — hoping that the insurgents would not target such vehicles for fear of losing local support.

THE ASSOCIATED PRESS

Ukraine **Someone's gotta do it**

EFREM LUKATSKY/THE ASSOCIATED PRESS

Russian President Dmitry Medvedev arrived in Ukraine yesterday for a two-day official visit. Prior to his arrival, there was plenty of cleaning up needed outside the office of Ukraine's President Viktor Yanukovych in Kiev.

School re-hires dozens of staff

EDUCATION A school district that gained the support of President Barack Obama for promoting accountability after it fired all its teachers from a struggling school announced on Sunday it had reached an agreement with the union to return the current staffers to their jobs.

The two sides said a transformation plan for Central Falls High School in the state of Rhode Island for the coming school year would allow the roughly 87 teachers, guidance counsellors, librarians and other staffers who were to lose their jobs at the end of this year to return without having to reapply.

THE ASSOCIATED PRESS

News in brief

OIL DAMAGE The oil spill in the Gulf of Mexico has already spewed plumes over ecologically sensitive reefs, some of them part of a proposed marine sanctuary that would restrict drilling in a large swath of the northern part of the vital waterway. Marine scientists fear that two powerful Gulf currents will carry the oil to other reefs. The currents could spread it from the Florida Keys to central Texas. The depth of the gushing leaks and the use of more than 2.2 million litres of chemicals to disperse the oil, including unprecedented injections deep in the sea, have helped keep the crude beneath the sea surface.

RAMPAGE A cleaver-wielding man attacked and wounded six women before jumping to his death, police said yesterday, in the latest in a series of such rampages in China. Police say a 20-year-old man identified only by his surname, Xie, hacked at a woman outside a restaurant in the city of Foshan, then rushed into a crowded market and wounded five other women before climbing the stairs of a building and throwing himself off the fourth floor. THE ASSOCIATED PRESS

Say what you will about oddball Libyan strongman Moammar Gadhafi, but the man knows business.
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Comment

PM's wheel of fortune

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The streak of fortune continues. One of the unwritten stories about Stephen Harper is how the fates continually smile on him. Few Canadian politicians have ever been as fortunate.

The latest break came last week. Just when it appeared the Conservatives were about to lose a huge swath of supportive media in a newspaper sell-off, a dark-horse bidder saved the day.

Liberally inclined Torstar appeared to be the favourite to win the National Post and the other Canwest papers, all of them in the conservative philosophical corner. The thought of it had the Harper Conservatives climbing the walls. The country's media landscape was about to change. But a surprise bid from a group led by National Post chairman Paul Godfrey saved the day.

Just how sensitive the Conservatives are to media has been demonstrated in their attacks on the CBC for using a pollster, Frank Graves, who says the Liberals should employ a culture war strategy against Harper. What the feverish Tory reaction should tell the Liberals is that such a strategy is a good one.

The break on the newspaper sale followed a highly fortunate turn in January, when just as momentum for a national day of protest against his prorogation of Parliament was building, the Haitian calamity struck. It wiped out all other news and gave Harper a chance to change the dial, which he did effectively with an impressive Haitian relief effort. The prorogue protest went ahead but was half the size it would have been.

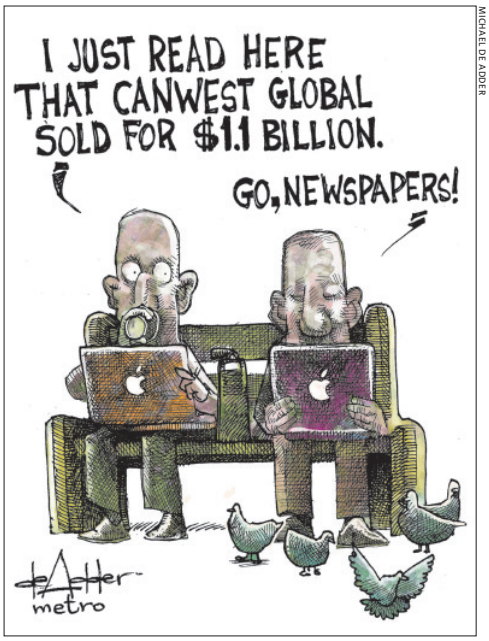
In years previous, the wheel of fortune seemed to always spin his way as well. During the coalition crisis he was at death's doorstep when the opposition parties blew the deal by bringing Bloc Leader Gilles Duceppe into a press conference. Then the Governor General saved Harper's bacon by granting his wish to shut down Parliament, thereby avoiding a confidence vote.

He received a remarkable break in the 2006 election, which brought him to power. Midway through it, the RCMP announced an investigation into the Liberals, which turned momentum in Harper's favour. Before that, during his opposition days, Harper got the break of a lifetime when the sponsorship scandal exploded, sending the Liberals plummeting in the polls.

He got good breaks in both his Alliance and Conservative leadership campaigns when no big-name opponents came forward to challenge for the titles. He's had great fortune as well in drawing weak opposition leaders thus far.

It's amazing. For other politicians luck usually runs out. For Stephen Harper, it just keeps on coming.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Noteworthy

April warmest month on record: Climate experts

The Earth's average temperature for April was 14.5 C, the hottest for any April on record.

The National Oceanic and Atmospheric Administration says areas particularly warmer than average included Canada, Alaska, the eastern United States, Australia, South Asia, northern Africa and northern Russia.

Cooler-than-normal places included Mongolia, Argentina, far eastern Russia, the western contiguous United States and most of China.

13.3

The National Oceanic and Atmospheric Administration says the world's average temperature was the highest on record for the January-April period. For January-April, the average was 13.3 C, the agency said.

Climate experts said the El Nino warming of the tropical Pacific Ocean weakened in April, as sea-surface temperature anomalies decreased.

The report noted that Arctic sea ice was below normal for the 11th consecutive April, covering an average of 14.7 million square kilometres.

THE ASSOCIATED PRESS

Worth mentioning

NATO unveils draft of mission statement

NATO must win the war in Afghanistan, expand ties with Russia and even China, counter the threat posed by Iran's missiles, and assure the security of its 28 members, according to the alliance's proposed mission statement for the next decade.

The draft document, released yesterday, seeks to bridge a growing rift between the U.S., which favours a greater international role for NATO, and European nations that want it to retain its traditional defensive focus.

"NATO must be versatile and efficient enough to operate far from home," said former U.S. secretary of state Madeleine Albright, head of the team of experts that wrote the document. "(But) in order to sustain the political will for operations outside its area, NATO must see that all its members are reassured about the security of their home territories."

NATO Secretary General Anders Fogh Rasmussen will use the draft as a basis for a new strategic concept that will be submitted for approval at the alliance's next summit in Lisbon, Portugal, in November.

The previous strategic concept focused mainly on NATO's peacekeeping role in places like Bosnia and Kosovo. It was adopted in 1999, soon after the end of the Cold War and before the Sept. 11, 2001, attacks in the United States forced the alliance to take on missions such as counterinsurgency warfare in Afghanistan.

Mid-life crisis

- Founded in 1949 to counter the threat of a Soviet invasion, the 28-member NATO alliance is in the midst of a mid-life crisis as it searches for relevance almost 20 years after the collapse of its communist rival.

The war is the largest mission ever attempted by the alliance. More than 100,000 NATO troops, about two-thirds of them American, are currently deployed there. Nearly 1,800 NATO soldiers have been killed in the escalating conflict.

"In today's world we may have to go beyond our borders to defend our borders. I can mention Afghanistan as a case in point," Fogh Rasmussen said.

"But Afghanistan is not a make-or-break situation for NATO. NATO is about much more than Afghanistan ... despite the fact that there is so much focus on Afghanistan right now."

The new statement emphasized the threat posed by Iran's nascent ballistic missile capability.

"Missile defence is most effective when it is a joint enterprise, and co-operation ... between the alliance and its partners — especially Russia — is highly desirable," the blueprint said.

THE ASSOCIATED PRESS

Quote of the Day

"At first we had a lot of concern about surface animals like turtles, whales and dolphins. Now we're concerned about everything."

— PAUL MONTAGNA, A MARINE BIOLOGIST AT TEXAS A&M UNIVERSITY CORPUS CHRISTI WHO STUDIES GULF REEFS. MONTAGNA AND OTHER SCIENTISTS FEAR TWO POWERFUL GULF CURRENTS WILL CARRY THE OIL SPILLED FROM THE DEEP-WATER HORIZON EXPLOSION TO OTHER REEFS.

THE ASSOCIATED PRESS

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Ready for anything

A salesman with a doomsday plan is taking money for what he promises will one day be a comfortable, nuke-proof bunker in the Mojave Desert. Robert Vicino, who runs a company called Vivos, is already taking reservations for the bunker in Barstow, Calif. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 96.74¢	US $4.398	US $70.08	11,813
US .19¢	US 8.6¢	US $1.53	201.97

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Housing market cooling down

REAL ESTATE Canada's hot housing market is showing signs of cooling slightly. Home sales slid 2.6 per cent last month on a seasonally-adjusted basis, down 6.8 per cent from the peak recorded in December, the Canadian Real Estate Association reported yesterday.

THE CANADIAN PRESS

Bailout may not be enough

CRISIS The euro traded near four-year lows yesterday amid warnings from European leaders that their $1-trillion US loan backstop for troubled governments would not be enough to defuse the continent's crisis over high levels of government debt. The euro was trading 0.1 per cent lower on the day at $1.2334 US.

THE ASSOCIATED PRESS

Trade **Going nowhere?**

KIN CHEUNG/THE ASSOCIATED PRESS

U.S. Commerce Secretary Gary Locke rides on a Disneyland train yesterday in Hong Kong. U.S. leaders want China's clean energy boom to drive technology exports and are sending a sales mission to Beijing this week. But Beijing wants to create its own suppliers of wind, solar and other equipment and is limiting access to its market, setting up a new trade clash with Washington and Europe.

Hybrid research gets $10M boost

The federal government has invested $10 million to attract a top researcher in hybrid vehicle technologies to an Ontario university.

McMaster University in Hamilton announced yesterday that Ali Emadi, a well-known American developer of electric powertrain technology, will join the university in conjunction with the development of a hybrid vehicle research facility.

The government investment is part of a broader push to expand Canada's research and development capacity in the area of green vehicle technologies.

In December, auto parts giant Magna International Inc. and the federal government announced a $7.2-million research effort with the goal of developing lighter-weight, more environmentally-friendly auto parts.

Although hybrid and electric vehicle sales are expected to stay low for the next few years, industry players assume government incentives will encourage consumers to look at environmentally-friendly options next time they're car shopping.

In the U.S., President Barack Obama has said he wants one million electric vehicles on the road by 2015 and has invested billions of dollars in car makers to help accomplish that. THE CANADIAN PRESS

Business in brief

CANWEST Canwest Global Communications says it has received approval from the Ontario Superior Court to move forward with the sale of its publishing division, which includes the flagship National Post newspaper. The company says it will now proceed with an agreement to sell the assets to a group of creditors led by Post president and CEO Paul Godfrey for $1.1 billion including $950 million in cash.

THE CANADIAN PRESS

In Japan's male-dominated business, beauty products are a way for women to get ahead.

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Amsterdam & Vienna	from $420 + taxes & fees $429
Vancouver – Amsterdam // Vienna – Vancouver	
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Vancouver – Rome // Venice – Vancouver	

Vacations

Anaheim Family Special Air + 5 Nights from $279◊ + taxes & fees $106

INCLUDES accom close to *Disneyland* Resort.

Las Vegas Air + 3 Nights 4-Star from $299 + taxes & fees $94

INCLUDES accom on the Las Vegas Strip.

San Francisco Air + 4 Nights from $369 + taxes & fees $110

INCLUDES accom in the heart of Union Square.

Maui Family Special Air + 7 Nights from $629◊ + taxes & fees $126

INCLUDES Kihei condo style accom.

All-inclusive Vacations

Puerto Vallarta 7 Nights 4.5-Star from $525 + taxes & fees $290

Mazatlán 7 Nights 4-Star	from $648 + taxes & fees $113
Mayan Riviera 7 Nights 5-Star	from $798 + taxes & fees $272

Cruise Vacations

San Diego Air + 3 Nights + 3-Night Cruise from $399◊ + taxes & fees $85

INCLUDES air, 3-night coastal cruise and 3 nights accom in San Diego. CRUISE from Vancouver to San Diego.

Alaska 7-Night Cruise from $499 + taxes & fees $166

CRUISE from Anchorage (Seward) to Vancouver and visit Hubbard Glacier (cruising), Icy Straight Point, Juneau, Skagway, Ketchikan & cruise the Inside Passage.

Las Vegas Air + 3 Nights + 3-Night Cruise from $699 + taxes & fees $76

INCLUDES all air, 3-night coastal cruise and 3 nights 4.5-star accom on the Vegas Strip. CRUISE from Vancouver to San Francisco.

New York Air + 2 Nights + 7-Night Cruise from $1345 + taxes & fees $263

INCLUDES air, 2 nights prime Manhattan accom and 7-night Canada/New England cruise. CRUISE roundtrip New York and visit Halifax, Saint John (Bay Of Fundy), Bar Harbor, Boston and Newport.

Scandinavia & Russia 12-Night Cruise from $1629 + taxes & fees $183

CRUISE roundtrip London (Harwich) and visit Copenhagen, Stockholm, Helsinki, St Petersburg (overnight), Tallin & Gothenburg.

Europe Vacations

London Air + 6 Nights from $675 + taxes & fees $474

INCLUDES central accom and breakfast daily.

UK Air + 6 Nights + Car from $959 + taxes & fees $476

INCLUDES roundtrip air to Glasgow, car rental and 6 nights bed & breakfast accom vouchers to explore England, Scotland and Wales at your own pace.

Paris Grad Trip, Air + 7 Nights from $1098 + taxes & fees $426

INCLUDES apartment style central accom with breakfast.

Greece & Turkey Air + 3 Nights + 4-Night Cruise from $1579 + taxes & fees $599

INCLUDES air, transfers, 4-night Greek Island & Turkey cruise and 3 nights 3-star accom in Athens with breakfast. CRUISE roundtrip Athens and visit Mykonos, Kusadasi (Turkey), Patmos, Rhodes, Crete & Santorini.

Frankfurt, Berlin & Munich Air + 15 Nights + Rail from $1599 + taxes & fees $320

INCLUDES air to Frankfurt, 5 nights central accom in Frankfurt with breakfast, 5 nights apartment style accom in Berlin, 5 nights central accom in Munich with breakfast, 3-day German Rail Pass and return air from Munich.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Breaking out from financial paralysis

AlisonOnMoney

"Chopping just $3.50 a day adds up to nearly $1,300 a year in savings. Depending on your marginal tax rate, you need to earn anywhere between $1,800 to $2,500 to put that $1,300 in your pocket."

Last week family indebtedness in Canada hit a historic high. No wonder I'm getting so many letters from those paralyzed by their financial situation. Whether the problem is being house poor, a layoff, overspending, or too little money chasing too many expenses the result is often paralysis, the inability to do anything to improve your situation.

Some easy targets are the daily java jolt, snacks and lunch. Just the other day I listened to two women in a downtown elevator moaning about their credit card debt while they were each carrying giant specialty drinks and a pastry.

Small stuff perhaps, but over time they pack a financial punch.

Chopping just $3.50 a day adds up to nearly $1,300 a year in savings.

Depending on your marginal tax rate, you need to earn anywhere from $1,800 to more than $2,500 to put that $1,300 in your pocket.

Reinforce your success by stashing the daily savings in a piggy bank, jar or sock and plunk it on an outstanding debt every week.

Remember, start small, build confidence and bigger things will follow. Once a saving behaviour has been cemented you are well on your way to combating financial paralysis.

The next step is to aim for something bigger.

Summer is coming, why not axe the gym membership? Do your own nails. Chop extra services on your cell or land line. Reduce your television package. Check your insurance policies — you may be paying too much.

I just did all of this and the savings amounted to nearly $300 a month. Very little pain and lots of gain — $3,420 annually (I have to earn $5,000 to pocket that.)

Take heart. Baby steps are all you need to eliminate financial paralysis.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Alison's Money Rule:

- When you're financially paralyzed, start small to build confidence.

Volatility a sign of the times

Investing

The first thing investors need to realize today is that volatility is here to stay. We have more flash traders, high frequency and derivatives traders than ever before. There are many traders setting up computer programs designed to sell or buy when the market reaches certain levels. Thus, all that is needed is a spark to move the markets one way and touch on a technical point and BOOM!

A cascade of trades are triggered that moves the market in a matter of seconds.

This is one of the reasons why we experienced the huge sell-off a few weeks ago. The spark can come from anywhere such as geopolitical events, government initiatives or environmental issues.

Thus to be an investor today, you must be on top of any global event that can affect your portfolio.

I believe we are still in the midst of a bull market run. I feel individual investors will finish the year higher than where they started.

However, I also believe that due to the increased volatility, market growth at times will leave investors doubting the move higher.

What should investors be doing to protect themselves? Today, more than ever, individuals need to have a diversified portfolio. They need to look at types of investments that are not in the market (e.g. bonds) to protect their assets.

If you are looking for growth you want to own large blue chip investments that pay good dividends.

One thing I know from history is that the best days in the stock market often come right after the worst.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

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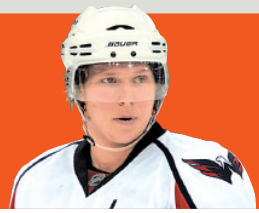
Pujols shifted to cleanup spot

Albert Pujols was batting cleanup instead of his accustomed No. 3 spot for the first time in nearly seven seasons for the St. Louis Cardinals' first game since dropping out of the NL Central lead. Manager Tony La Russa said the move was all about energizing the player that's switching place with Pujols — Matt Holliday. THE ASSOCIATED PRESS

Sports



Caps lock up Backstrom

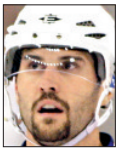
The contract for Nicklas Backstrom, left, is another long-term investment for the Washington Capitals: 10 years, $67 million US. The Capitals announced their new deal with Swedish centre yesterday, a reward after a season in which he set career highs with 33 goals and 68 assists. The 101 points ranked fourth in the NHL. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Gionta calls on Habs for more effort, smarter play

NHL For veteran forward Brian Gionta, getting wiped out 6-0 in the first game of a playoff series is no grounds for panic.

So even if the Montreal Canadiens looked to be left for dead after their one-sided loss to the Philadelphia Flyers, Gionta said more effort and a few adjustments to their game plan can get Montreal right back into the NHL Eastern Conference final.



Brian Gionta

He's looking for it to start in Game 2 of the best-of-seven series tonight at the Wachovia Centre.

"A loss is a loss," Gionta said yesterday.

"You try to figure out what went wrong and, being the first game of a series, you have to look at things a little more deeply.

"I don't think we're that far off. It was a tough way to start, but it was mostly on ourselves. It wasn't something they were doing special that we can't react to.

"It's a matter of us being prepared to play and executing what we want to do. None of that happened (Sunday) night. I have confidence that we'll rebound and be able to come back with a better effort."

The general view was that the bigger, more physical Flyers wore down the Canadiens and succeeded in crowding the crease and making life miserable for goaltender Jaroslav Halak, whose heroics against first-place Washington and defending Stanley Cup champion Pittsburgh are the main reason the eighth-seeded Canadiens are even in the conference final.

THE CANADIAN PRESS

HARRY HOW/GETTY IMAGES

Victoria native Steve Nash of the Phoenix Suns looks to shoot the ball as guard Kobe Bryant, right, of the Los Angeles Lakers defends in Game 1 of the Western Conference Finals at Staples Center last night in Los Angeles.

Lakers take Game 1

L.A. Lakers leads series 1-0

Suns 107 **Lakers** 128

Even on a balky knee, Kobe Bryant had no problem giving the Los Angeles Lakers an early leg up in the Western Conference finals.

Bryant scored 40 points, Lamar Odom added 19 points and 19 rebounds, and the Lakers opened the series with ruthless offensive efficiency in a 128-107 victory over the Phoenix Suns last night.

Pau Gasol had 21 points for the top-seeded Lakers, who won their seventh straight playoff game and snapped the Suns' six-game streak with a phenomenal second half highlighted by Bryant's 21-point third quarter.

"Kobe carried a lot of the offence tonight, no doubt," Lakers coach Phil Jackson said.

The defending NBA champions beat the third-seeded Suns at their own uptempo game when necessary, fluidly running the court to set up baskets for Bryant in his sixth straight 30-point game. Bryant then rested his sore knee for most of the fourth quarter in the 11th 40-point game of his playoff career.

"They played great, one of the best games I've seen them play in the playoffs this season," Suns coach Alvin Gentry said. "Kobe kind of controlled the whole game. I thought we could have withstood the game that he had ... but when he's making his jumper like that, there's not a whole lot you can do about it."

Game 2 is tomorrow night at Staples Center.

Amare Stoudemire scored 23 points and Victoria's Steve Nash had 13 points and 13 assists for the Suns, who hadn't lost since April 24. Robin Lopez started at centre and scored 14 points in his playoff debut, but Phoenix couldn't keep up with the champs in its first conference finals appearance since 2006.

THE ASSOCIATED PRESS

Sports in brief

SOCCER Barcelona forward Thierry Henry has denied reports he has signed a pre-contract to join Major League Soccer's New York Red Bulls after the World Cup. The denial was in response to several reports in the British press, which said the French star had signed an agreement with New York and would join the team this summer.

GOLF Tiger Woods has added the British Open to his summer schedule. Woods has a chance to become the first player in the history of the British Open to win three times at St. Andrews.

BASEBALL The Toronto Blue Jays placed outfielder Travis Snider on the 15-day disabled list yesterday with a strained wrist. The team also activated third baseman Edwin Encarnacion from the DL.

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NHL PLAYOFFS

TODAY'S GAMES

Montreal at Philadelphia, 4 p.m. (Flyers lead series 1-0)
Chicago at San Jose, 7 p.m. (Blackhawks lead series 1-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

L.A. Lakers 128 Phoenix 107 (L.A. Lakers lead series 1-0)

HOCKEY

WORLD HOCKEY CHAMPIONSHIP
YESTERDAY'S RESULTS

Finland 5 Slovakia 2
Norway 3 Switzerland 2
Belarus 2 Denmark 1
Czech Republic 3 Latvia 1

BASEBALL

YESTERDAY'S AL RESULTS

Minnesota 8 Toronto 3
Kansas City 4 Baltimore 3
N.Y. Yankees 11 Boston 9
Tampa Bay 4 Cleveland 3 (11 ings)
Texas 4 L.A. Angels 3
Oakland 8 Seattle 4
Chicago White Sox at Detroit (ppd., rain)

YESTERDAY'S NL RESULTS

Arizona 5 Florida 1
Chicago Cubs 4 Colorado 2 (11 ings)
Cincinnati 6 Milwaukee 3
N.Y. Mets 3 Atlanta 2
Philadelphia 12 Pittsburgh 2
St. Louis 6 Washington 2
L.A. Dodgers 6 Houston 2
San Diego 3 San Francisco 1

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Top Chef set to release book

Spike Mendelsohn, a break out star of Bravo's Top Chef, will release The Good Stuff Cookbook: Burgers, Fries, Shakes, Wedges and More on May 31. His restaurant in Washington, D.C., has been a resounding success since its opening in 2008. METRO NEWS SERVICES

Food

More Skinny choices

Who says a healthier lifestyle can't be sweet? Just in time for summer, The Skinny Cow introduces two new low cal indulgences: Cookies and Cream Sandwiches bits (140 calories) — a vanilla sandwich swirled with chocolaty cookie bits — and Caramel & Vanilla Cones (150 calories) — vanilla ice cream drizzled with caramel sauce in a crunchy chocolaty coated sugar cone. Available at most ogrocery stores ($7.49/per box of 4 or 5). METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Simple and decadent

Veal Cutlets with Lemon-Garlic Sauce are tangy and flavourful.

Veal Cutlets with Lemon-Garlic Sauce

SERVES 4

INGREDIENTS:

Sauce

- 1 head garlic
- 2/3 cup reduced-sodium chicken broth
- 1/4 cup fresh lemon juice
- 2 tsp cornstarch
- 1/4 tsp salt

Veal

- 4 veal cutlets
- 1/4 tsp salt
- 1 Tbsp Dijon mustard
- 1 lemon, very thinly sliced

METHOD:

1. Preheat oven to 375°F (190°C). Wrap garlic in foil and bake until tender (package will feel soft when pressed), 45 minutes. When cool enough to handle, cut off bulb top, squeeze out garlic pulp into small bowl, and mash until smooth.

2. Preheat broiler. Sprinkle cutlets with 1/4 tsp salt and brush with mustard. Top each cutlet with 3 lemon slices. Broil cutlets 10 cm from heat until cooked through, 2 minutes. Transfer cutlets to platter and cover loosely with foil to keep warm.

3. In small pot, whisk broth and lemon juice into cornstarch. Whisk in 1/4 tsp salt and roasted garlic. Bring to boil over medium heat and boil until sauce is lightly thickened, 1 minute. Spoon sauce over veal on platter.

Per Serving: 160 calories, 4 g total fat, 1 g saturated fat, 8 g carbohydrate, 2 g fibre, 24 g protein

Ambrosia

SERVES 6

INGREDIENTS:

- 3 navel oranges
- 1 small pineapple
- 2 large bananas
- 3/4 cup mini marshmallows
- 1/3 cup sweetened coconut flakes
- Fresh mint sprigs (garnish)

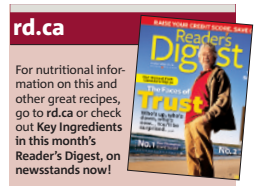
METHOD

1. Cut thin slice off top and bottom each orange. Remove peel and pith with paring knife. Holding orange over large bowl, cut between membranes and lift out sections with knife, letting them fall into bowl with juices.

2. Using long serrated knife, cut top and bottom off pineapple. Stand pineapple up and cut off peel in sections, from top to bottom. Halve pineapple lengthwise. Place one half, cut-side down, on cutting board and slice lengthwise into 3 equal sections. Slice off hard core from each section, then cut sections crosswise into chunks, about 2.5 cm thick. Add to oranges in bowl and toss. Repeat with second half pineapple.

3. Slice bananas 0.5 cm thick and add immediately to fruit and juice in bowl; toss to coat. Gently fold in marshmallows and coconut. Cover with plastic wrap and refrigerate at least 2 hours or overnight to blend flavours. Garnish with mint sprigs.

Per Serving: 160 calories, 2 g total fat, 2 g saturated fat, 38 g carbohydrate, 4 g fibre, 2 g protein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Reader's Digest
Trust

ADVERTISING FEATURE

Canadian Dairy: The Informed Choice

"Canadian milk meets high standards of quality and safety," says Bob Stultz. "But keeping it that way takes a lot of hard work. Farmers, processors, retailers and even consumers have a role to play in making Canadian dairy products safe, fresh, and nutritious."

Bob's in touch with all the players in the Canadian dairy industry. As Director of Market Development and Pro-active Media Group with Dairy Farmers of Canada (DFC), it's his job to listen to those who produce dairy products, those who sell them, and those who consume them. Their biggest concern? Helping consumers make informed decisions.

"Consumers want dairy products they can trust," Bob explains. "They want to know where the products come from; what's in them. They know milk is healthy—not like a soft drink that has to be promoted on what it doesn't contain. Yet every day people are bombarded with food claims, some of them untrue. DFC addresses these claims and communicates the facts about Canadian dairy products to everybody."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

That's where the 'pro-active' part of Bob's job begins. When the dairy industry has a story to tell, Bob's team tells it—through media, through live events, and through seminars and school visitations. Where misunderstandings exist, he seeks to correct them. "'Border confusion' is a great example," says Bob. "Canadians hear about growth hormones being permitted in dairy products down south and assume the same is true up here. So we explain that artificial growth hormones (such as RBST) are not legal for sale in Canada—our industry doesn't allow it."

One of Bob's best communication tools is the 100% Canadian Milk symbol, now a fixture on many Canadian dairy products across the country, assuring consumers that the milk used in their dairy products is produced here, in Canada, according to the highest standards. "The symbol gives consumers what they want: information," Bob says. "And nothing's better for the Canadian Dairy industry than an informed consumer, because the more you learn about our products, the more you like them. Truly, we're all in this together."

100% CANADIAN MILK

Behind this symbol is a source of pride.

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Look for this symbol on your dairy products.

asourceofpride.ca

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Allergies affect more people now

CELIA MILNE
for Metro Canada

Ever noticed that far more people are allergic than in the past? It seems that every second person in the big city is sneezing and sniffing at this time of year.

Well, it's not your imagination. It's true.

"Allergic disease has increased frequency mainly in the last three decades," says Dr. Guy Delespesse, director of the laboratory for allergy research and a professor at the Hospitalier de L'Université de Montréal.

The statistics show an alarming upward trend for asthma and allergies. The prevalence of asthma almost doubled from 1980 to 1994, he says. An astonishing three hundred million people worldwide suffer from asthma, and there are 250,000 deaths every year.

It is estimated that the number of people with asthma will grow by more than 100 million by the year 2025. It's not just allergic disease that is on the rise, says Delespesse.

"The same thing is happening in immune-mediated diseases in the same period of time."

Immune-mediated diseases are illnesses in which a person's immune system backfires and attacks their own body. Examples are type 1 diabetes, multiple sclerosis and Chrohn's disease.

Doctors have figured out that something in our environment must be causing these sharp rises in disease. If it was strictly a genetic change, it couldn't happen that fast, says Delespesse. It seems that people were better off when they lived on farms surrounded by animals and good, old fashioned dirt.

ISTOCK

There is evidence that intestinal bacteria, which may protect us against allergies, is different in children who were raised on farms than city-dwelling children.

"Where allergies and asthma are the worst are where people congregate in large cities. Studies in Europe clearly demonstrate that children born and raised on farms, who have contact with animals, have a much lower incidence of asthma and allergies."

In other words, the cleanliness of modern society may be causing disease. Bacteria in the environment — which move into our guts — seem to be protective against allergies.

"There is evidence," says Delespesse, "that the intestinal bacteria of children who will develop allergy is different from those who won't develop allergies."

Several possible solutions are being studied. One is to give probiotics to children who are at high risk for allergies, as this will boost the numbers of bacteria in their gut.

Another possible theory is that pregnant women need more zinc, magnesium, vitamin D and vitamin E in order to prevent allergies in their children. Air pollution, especially diesel exhaust, is being studied as another possible culprit. Finally, the stress of living in a big city is thought to be a possible factor.

"This is a societal problem," says Delespesse.

On an individual level, he suggests we continue to clean our homes and take antibiotics when recommended by a doctor, but recognize the overall effect that killing bacteria has on society.

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Allergic to love or just allergic?

The J Spot

Josey Vogels
metronews.ca/thejspot

The website tvtropes.org devotes an entire section to movies and TV shows that use the notion of being "allergic to love" as a storytelling device.

Like Stan, in the early seasons of South Park, who vomited uncontrollably when his love interest Wendy Testaburger so much as talked to him.

And, while you may not have vomited when you got near someone you did fancy, you've no doubt experienced the sweaty palms, felt an elevated heat rate, or got that feeling that you just may, well, hurl chunks. Obviously, this kind of reaction doesn't mean you're technically allergic to your love interests; not in the way my husband is to wasps or my mother to shellfish, anyway.

Sure, it may feel like you're going to die if, say, the object of your affection doesn't return the feeling, but a few shots of tequila — not epinephrine — is more likely to cure your ills.

But what if you were not necessarily allergic to love but to the person you love? According to Darcy Keenan, an Ottawa-based natural therapist who specializes in allergies (keenanclinic.ca), one can certainly have an allergic reaction to someone else if they've eaten foods you're allergic to or used certain cosmetics that cause you to have an allergic reaction

I've also heard of cases of women being allergic to her partner's semen. Something to do with her antibodies not getting along with his antigens and causing a reaction.

As for being allergic to love, well, I definitely know a few people who seem to freak out every time it comes near them. You know the type. Every time a relationship starts to get serious, they find a way to sabotage it.

Though I suspect this is less a love allergy to love than an allergy to getting hurt. If only they could develop an EpiPen for that.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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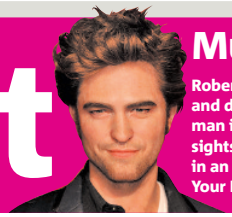
Flood relief

Music conquers all in Nashville — and it came to the rescue of flood victims Sunday during a telethon that raised more than $1.7 million for relief in the region. Brad Paisley, Keith Urban, Sheryl Crow and Martina McBride were among the artists who took part. **PEOPLE.COM**

Entertainment



Music man

Robert Pattinson wants to play a sex and drug obsessed record label A&R man in a new movie. He has his sights set on playing Steven Stelfox in an adaptation of the novel Kill Your Friends. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Crash Test Dummies return

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Brad Roberts has revived the Crash Test Dummies. The band's new album Oooh La La is now out.

It's been 17 years since the Crash Test Dummies released the multi-platinum selling album God Shuffled His Feet, but it's hard to forget that this Winnipeg band was — in the midst of grunge — one of Canada's most successful acts.

For a lot of people, Brad Roberts' deep baritone voice and sweet, folk pop melodies were the perfect antithesis to the constant barrage of flannel and angst-filed distorted rock.

But, while the band wasn't exactly a one hit wonder — Superman's Song, Mmm Mmmm Mmm Mmm and XTC cover The Ballad of Peter Pumpkinhead were all popular — it shouldn't have come as a surprise that the stronger grunge became, the weaker the Crash Test Dummies' future looked. It didn't take long before the masses lost interest; the band officially faded out in 2004.

Roberts could have left it there, but this year he revived the Dummies name, teamed up with original member Ellen Reid and, last week, released Oooh La La, the group's ninth record.

It's an unexpected return — there weren't many people clamouring for a Dummies reunion — and even Roberts was surprised.

"I started writing, with (producer) Stewart Lerman for fun. Purely for the sake of making music," he says on the phone from New York. "It sounded so good to me that how could I not promote this record?"

While he's excited to get back on stage, he admits that he enjoyed not playing music. Being recognized on the street had gotten to him a long time ago and he could do without record label pressures and not making any money, the real reason why he wound down the band.

"In 2004 I realized I couldn't continue making records because I wasn't making any money," he says. "I couldn't afford to p— away money on vanity projects."

Those were tough times, but these days he's a little wiser. He's stripped the group down to three members, they are playing intimate acoustic shows, and the band is only touring 10 days at a time.

It's too early to tell how the reformed band will be received, his new album is interesting. He wrote most of it using an optigan — a keyboard from Mattel that plays a bunch of pre-recorded, full-band sounds. Roberts basically recreated the sounds, with a live band, that the instrument played and then added vocals and other musical flourishes on top.

"I realized I couldn't continue making records because I wasn't making any money." Brad Roberts

It's easy to tell that this is a record made by someone who doesn't care about sales anymore; it's relaxed and fun. But it probably won't make Roberts rich again. And, perhaps the most impressive part about this comeback is that he's ready to deal with success or failure this time around.

"If I don't make money I will retire again," he says. "If I do make money I'll release another record."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Bjork

Morricone, Bjork share Polar prize

MUSIC Italian composer Ennio Morricone and Icelandic singer Bjork have won the 2010 Polar Music Prize.

They will be invited to accept the award, which includes about $130,000 each in prize money, at a ceremony in Stockholm later this year.

The Polar Music Prize is Sweden's biggest music award and is typically shared by a pop artist and a classical musician. It was founded by Stig Anderson, manager of Swedish pop group ABBA, in 1989.

Bjork sang in various Icelandic bands in the 1980s and rose to international fame with her solo album Debut in 1993. Morricone, 71, has composed more than 400 film scores.

THE ASSOCIATED PRESS

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His own fairy tale

Myers may be far, far away but his heart's in Canada

NED EHRBAR
Metro World News

Mike Myers still remembers the phone call he got from DreamWorks head Jeffrey Katzenberg more than a decade ago about taking part in a new animated film.

"Jeffrey said, 'Would you like to be in an animated movie?' I said yes, and he said it's called Shrek. I said, 'That's the worst title I've ever head in my entire life,'" the Toronto-raised actor remembers.

"I didn't know what it was going to be, and then the first time I saw it with an audience, I was just blown away that an animated movie could move people and that it was something people would be invested in emotionally. And I think that's been the most satisfying thing."

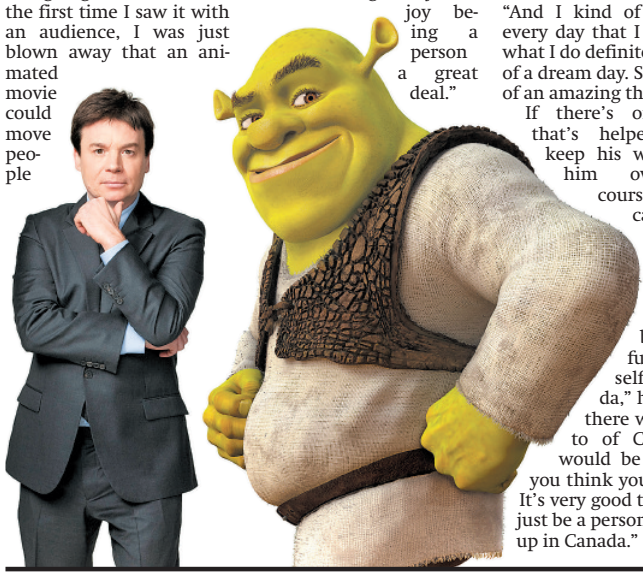
Much like the swamp-dwelling ogre he's had such success portraying over four films, Myers often just wants to be left alone. "I like my privacy. With something like this, I love being a part of this," he says, referring to his current publicity tour for Shrek Forever After. "And when I'm not doing stuff, I like to go away. I enjoy being a person a great deal."

Shrek Forever After opens Friday

Of course, his swamp is actually New York City, a home he's incredibly grateful for. "I love New York City. I love getting to live there," he says. He also loves the career he's been able to have, spanning a career-making run on Saturday Night Live and several successful film franchises.

"When I was a kid in Toronto, you have your nose against the window looking south to show business — Showbiznia, the United States," he says. "And I kind of feel like every day that I get to do what I do definitely is kind of a dream day. So it's kind of an amazing thing."

If there's one thing that's helped Myers keep his wits about him over the course of his career, it's his national heritage. "It's hard to be super full of yourself in Canada," he says. "If there was a motto of Canada, it would be 'Who do you think you are, eh?' It's very good training to just be a person, growing up in Canada."



DVD picks

Invictus

Director: Clint Eastwood

TITLED FOR THE Latin word for invincible, Clint Eastwood's latest movie stars Morgan Freeman as Nelson Mandela, and you couldn't imagine a more unbeatable confluence than that. Freeman captures the South African icon's deliberate manner and cadence, and seems imbued with the same inner fire.

Matt Damon co-stars as François Pienaar, the captain of South Africa's national rugby team in the 1995 World Cup, a momentous series that came to be about far more than sport. Damon's performance is also impeccable, and he seems to have nailed the South African accent.

But for once, Eastwood's famous restraint hasn't entirely served him well. Invictus is a movie about emotions made by a man who distrusts naked displays of emotion.

After a brief prologue set in 1990, marking Mandela's release from jail after 27 years of imprisonment by the racist apartheid regime, it jumps to the difficult days following his 1994 election as South Africa's president.

Racial tensions come to the fore over the Springboks, the national rugby team long associated with apartheid-supporting Afrikaners. The black majority vote to change the Springboks' name, logo and colours, but Mandela argues that it's time for forgiveness and reconciliation. At great risk to his personal capital, he extends the hand of friendship to Pienaar and the Springboks, vowing his support in their efforts to gain a berth in the 1995 Rugby World Cup.

Eastwood devotes most of the film to showing Mandela preparing for an epic battle that is depicted with almost indecent haste and far less passion than you'd expect. Eastwood set a very high standard with Mystic River, Letters From Iwo Jima and Million Dollar Baby, and this one isn't quite at that level.

Extras bring several featurettes, including Matt Damon Plays Rugby, which is about turning a movie star into a rugby player.

Peter Howell/for Metro Canada

Colbert gets the snub

While fans are usually fighting to give Stephen Colbert a key to their city, the city of Colbert, Ga., will not invite the comedian to its July 4th parade. "His satire is probably something that we didn't feel suited our small-town atmosphere," Colbert mayor Chris Peck said. POPEATER.COM

Munsch pens note to readers, parents

In a message to parents on his website, beloved children's author Robert Munsch says he's been diagnosed as obsessive-compulsive and manic-depressive, adding that those challenges have led him to make some "big mistakes."

Robert Munsch

In an interview with Global Television that aired over the weekend, Munsch admitted he's a recovering cocaine addict and alcoholic, saying he has been clean for about four months. In the note to parents, Munsch, 64, said his mental health and addiction problems are no secret to his friends and family.

"They have been a big support to me over the years, and I would not have been able to do this without their love and understanding."

He goes on to say that he hopes that others will also understand and that "everyone will talk to their kids honestly, listen to them, and help them do their best with their own challenges."

In August 2008, Munsch suffered a stroke that briefly affected his ability to speak in normal sentences, a big challenge for a man who was used to doing about 50 storytelling gigs a year.

In an interview with The Canadian Press four months after the stroke, Munsch said he was unable to create new stories.

"I try to do poetry and make up stories and it doesn't work, and (the doctors) told me that I should probably wait for a year for that to come back," he said at the time.

Munsch also said that he planned to edit the whopping 51 book drafts he had on the go before his stroke. His latest books are Down the Drain and Roar published in 2009.

He has sold more than 30 million copies worldwide. THE ASSOCIATED PRESS

Glee gets big push from Fox

Network aims to re-shape Idol, focus more on comedy next season

Fox is changing the American Idol format after it sagged in the ratings, giving a supersized push to Glee and focusing on comedy heading into the next television season.

THE ASSOCIATED PRESS FILE PHOTO

Glee, this year's breakout comedy, will get the post-Super Bowl time slot next season.

The network released its schedule yesterday. Its executives conceded the biggest new drama, a Stephen Spielberg adventure series, might not even be ready for next season.

Fox is the second of the broadcast networks to release its upcoming schedule. Despite Idol dropping an estimated nine per cent in young viewership this season, the network minted a new hit in Glee and will be the first network to win the season six years in a row among the 18-to-49-year-old demographic it seeks.

Fox still hasn't answered its most compelling mystery for next season: Who will replace Simon Cowell when he leaves American Idol this month?

In response to viewer requests for more performances, Fox will increase the Tuesday night competition show from an hour to 90 minutes. The Wednesday results show will be chopped in half to 30 minutes, Fox executives said.

Despite the ratings slide, American Idol continues as the most popular TV show in the United States.

Fox is giving extra attention to Glee in its second season, even though fans will get a scheduling challenge. A special episode of the show will get the prime post-Super Bowl time slot next season.

The show will air Tuesdays at 8 p.m. in the fall, ahead of two new comedies. After the Super Bowl, it will switch to Wednesdays at 9 p.m., following the American Idol results show.

The first new Tuesday comedy is Raising Hope, about a 23-year pool cleaner who suddenly has to raise his baby. Sitcom veteran Cloris Leachman appears in the character's family.

Running Wilde has star power, with Will Arnett portraying a playboy trying to woo his high school sweetheart, played by Keri Russell.

Spielberg's Terra Nova hasn't been scheduled yet. THE ASSOCIATED PRESS

NBC begins its Fall TV season push

SCHEDULE NBC will give viewers a turn-the-page schedule next fall that attempts to erase the memory of this season's failed Jay Leno experiment and another fourth-place finish by presenting new scripted programming each weeknight at 10 p.m.

That 10 p.m. schedule has four new programs and one, Parent-hood, that has only been on the air for a few months. They include a Jerry Bruckheimer drama about catching criminals on the lam, another Law & Order spinoff, and an unconventional hour-long comedy. NBC also said Heroes, a cult favourite for a while on Monday nights that faded badly, was cancelled.

The network had already said it was ending Law & Order after 20 years on its schedule. THE ASSOCIATED PRESS

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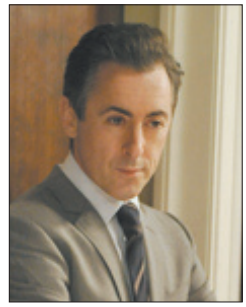
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Patriot Down" (N)		Glee "Dream On" (N) (CC)		The Good Wife (N) (CC)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars (CC)		The Middle	Old Christine	(:02) V Val's water breaks.		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Final four contestants run a marathon. (N)				Parenthood (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 Teddy seeks revenge.		Life Unexpected (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Patriot Down" (N)		NCIS: Los Angeles "Burned"		The Good Wife (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Mt St. Helens	The Biggest Loser Final four contestants run a marathon. (N)				Parenthood (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Daniels Family"		Style by Jury	Beauty Call	Beauty Call	Style by Jury	Held Hostage (2009, Suspense) Julie Benz.		
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Lost "What They Died For"		(:02) V Val's water breaks.		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	M*A*S*H	The Fan ★ (1996, Suspense) Robert De Niro, Wesley Snipes, Ellen Barkin.					King	Cold Case
	291	383	27 PBS	West Coast	The Fire Below Us: Remembering			Frontline Charlie Company's 3rd Platoon. (N)			Way Home	Great Perf.
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Glee "Dream On" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline Charlie Company's 3rd Platoon. (N)			After You	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 Teddy seeks revenge.		Life Unexpected (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	68 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Hockey		Sportsnet Connected (Live)		MMA Conn	Canucks TV	Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	NBA Basketball		SportsCentre (Live) (CC)		Boxing Friday Night Fights: Julio Diaz vs. Herman Ngoudjo.				SportsCentre
	411	457	49 OLN	Ghost Hunters "O.K. Corral"		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	NASCAR Hall of Fame Biogra		NASCAR Hall of Fame Biogra		Race in 60		NASCAR Hall of Fame		NASCAR Hall
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm	Hates Chris	Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Frontiers of Construction		Myths and Heroes		Soweto Strings (CC)			Recreating	cArtographies
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	21 MM	Video on Trial	Video on Trial	UR11		Gossip Girl (Season Finale)		Styl'd		MuchMeg
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room		House
	615	520	31 A&E	Criminal Minds "Identity"		CSI: Miami "Seeing Red"		(:01) Criminal Minds "Doubt"		(:01) Criminal Minds (CC)		Criminal
	628	584	32 SPKE	Deadliest Warrior (N)		Deadliest Warrior		Real Vice	Real Vice	CSI: Crime Scene Investigat'n		Trek: Voyager
	521	560	33 TLC	World's Strongest Toddler		World's Tallest Children		19 Kids-Count	19 Kids-Count	World's Strongest Toddler		Toddler-Tiara
	616	522	39 SHO	Relic Hunter (CC)		Behind the Wall (2008) Lindy Booth, James Thomas. (CC)				Californication	Secret Diary	(:15) NCIS
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Venom" (CC)		Without a Trace (CC)		Past Perfect ★★ (2002) Rebecca Jenkins.		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/Atl.		Runway
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	Aftermath (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (CC)		Storm Planets
	627	528	45 SPC	Fringe "Over There, Part 1"		InnerSpace	Stargate SG-1	"Icon"		Star Trek: Next Generation	Star Trek: Voyager (CC)	
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice The two finalist are determined. (N)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Chefs vs. City (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible "WWE"		Chefs vs. City
	-	-	53 AMC	Star Trek Gen	(:45) Star Trek: First Contact ★★★ (1996) Patrick Stewart, Jonathan Frakes.					(:15) Spaceballs ★★ (1987) Mel Brooks. (CC)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:25) The Last Casino (2004)		District 9 ★★★ (2009) Sharlto Copley, Jason Cope.				(9:55) Cadillac Records ★★★ (2008) (CC)		
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	CrazyLove	Doc "Love or Money"		Raging Bull ★★★★ (1980, Biography) Robert De Niro, Cathy Moriarty. (CC)				
	-	-	105 MUL	Wang Gui	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife

Eli (Alan Cumming) works on getting Peter's (Chris Noth) charges dropped, while Alicia (Julianna Margulies) finds herself once again defending one of her least favorite clients: accused wife killer Colin Sweeney (guest star Dylan Baker), who claims self-defense when she finds him handcuffed to a dead woman. Christine Baranski and Josh Charles also star in the new episode "Hybristophilia." 10 PM on CBS, GTV



Glee

This new episode's director and guest star are legen — wait for it — dary! The former is "Buffy the Vampire Slayer" creator Joss Whedon. The latter is Neil Patrick Harris ("How I Met Your Mother"), playing Will's (Matthew Morrison) old high-school nemesis, whose arrival could mean trouble for the glee club. Elsewhere, Rachel (Lea Michele) struggles with a personal issue, and Artie (Kevin McHale) has some imaginary adventures in "Dream On." 6 PM on STR, 9 PM on GTV FOX

McCarthy spotted with another man

Jenny McCarthy is officially on the rebound after her April split from Jim Carrey. Over the weekend, she was photographed twice out and about in L.A. with an unidentified, blonde male companion, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Two years later family misses Ledger

SO DO HIS MANY FANS AROUND THE WORLD He's been gone for more than two years, but Heath Ledger's family continues to make sure his memory is here to stay, people.com reports.

"He is alive in my heart and in my head. Every day I talk to him," Ledger's sister, Kate told People last week at the sixth annual Australians in Film Breakthrough Awards. Kate and Ledger's mother, Sally Bell, were on hand to watch Colin Farrell present up-and-coming actress Bella Heathcote with the Heath Ledger Scholarship.

"It is very special," Kate said. "It's honouring our boy so we couldn't be prouder and we think it is an amazing scholarship that is going to give so many opportunities."

His mother added, "He had a huge passion for acting. That was the most important thing for him. It wasn't about the money. He had such a passion that just showed through regardless of how big the role was."

Ledger's family said it comforts them to know he will be forever immortalized in films, but Kate admitted that "we haven't been able to watch any."

"We find that too difficult," the late Oscar winner's mother added.

METRO WORLD NEWS

Conan likes new 'hood

AT LEAST TBS IS PUTTING OUT A WELCOME MAT... UNLIKE HIS LAST EMPLOYER His competition is Jay Leno and David Letterman. His roommates will be George Lopez and Ellen DeGeneres.

Conan O'Brien will film his upcoming late-night TBS talk show at the historic Stage 15 on the Warner Bros. lot in Burbank, according to the Hollywood Reporter. That's the same lot that's already home to Lopez and DeGeneres's daily shows, female-first.co.uk reports.

"I can't wait to interview the cast of Jersey Shore on the same lot where they filmed Casablanca," O'Brien says.

O'Brien, 47, left NBC's The Tonight Show in a shakeup in January. His hour-long, yet-to-be-titled TBS show premieres in November and will air at 11 p.m ET Mondays through Thursdays. Lopez, also on TBS, is being bumped to midnight ET. METRO NEWS SERVICES

Elin not speaking to Tiger

JUST GET DIVORCED ALREADY. WHAT ARE YOU WAITING FOR? Relations are still chilly between Tiger Woods and wife Elin Nordegren — so chilly that they're not even speaking to each other, according to Radar Online. "Elin has the nannies take the children back and forth. They've had no conflict over the children but they've also had no contact," a source says. "Elin has made it very clear this is the way she wants it. They just don't speak anymore, even during the rare times when they see each other in person."

METRO WORLD NEWS

Alex and Kate go to Sweden

JUST BE CAREFUL I HEAR HE BITES It must be getting serious! Alexander Skarsgard brought girlfriend Kate Bosworth to his home country of Sweden, where the lovebirds have been getting cozy — and meeting his friends, people.com reported.

The True Blood hunk, 33, and the actress, 27, arrived in Stockholm Thursday and engaged in some PDA while sightseeing in the city.

"They spent the whole weekend hand-in-hand and Alex seemed very excited about showing Kate around his home-town," says an eyewitness. "Alex proudly introduced Kate to his best friends and everyone seemed to love Kate."

The couple, who stayed in an apartment that belongs to the actor's famous dad, Stellan Skarsgard, went for an evening stroll on Saturday before meeting up with friends.

METRO NEWS SERVICES

Olsen's plane makes an emergency landing

AND SURPRISINGLY SHE IS NOT TO BLAME, WE HOPE AT LEAST Ashley Olsen's plane was forced to make an emergency landing on Sunday, femalefirst.co.uk reports.

The 23-year-old actress-and-designer was travelling from New York to Los Angeles with her boyfriend, The Hangover actor Justin Bartha, when an electrical fire sparked in the cockpit, forcing the pilot to land the aircraft in Virginia.

Publicist Phil Lobel — who was a passenger on the plane — told ET Online the incident was a "harrowing experience" as the fire had caused the windscreen to crack, which "obscured the pilot's ability to conduct a visual landing."

Emergency crews met the plane on the runway, where they stabilized the situation before leading the passengers and crew to safety.

METRO WORLD NEWS

No marriage plans for Seyfried

SHE NEEDS TO TRACK DOWN HER THREE POTENTIAL FATHERS FIRST Amanda Seyfried is perfectly happy with boyfriend Dominic Cooper, but that doesn't mean she's planning on making things official anytime soon.

"A lot of people ask me, 'Is Dominic the one?' I don't know, and I'm fine with that," she tells Teen Vogue. "Too much planning can lead to heartbreak. Love is great and possible always, but it's very rare to have the feeling that 'I want to be with this person forever.'"

METRO WORLD NEWS

Stone set up LaBoeuf, Mulligan

AND FOR HIS NEXT PROJECT: CUPID, STARING HIMSELF Oliver Stone doesn't mean to boast, but he's taking credit for Shia LaBeouf and Carey Mulligan's relationship.

"It was all thanks to me," the director tells People magazine. The young actors first met on Stone's film, Wall Street: Money Never Sleeps, which premiered last week at the Cannes Film Festival.

"You could see their chemistry right away, and it was pretty powerful," Stone says. "They were completely professional on the set, but there was no mistaking what was happening."

METRO WORLD NEWS

Adams has a baby girl

NOW SHE GETS TO PLAY THE ROLE OF MOTHER IN REAL LIFE Amy Adams has become a mother for the first time, femalefirst.co.uk reports. The Julie & Julia actress — who is engaged to actor Darren Le Gallo — gave birth to a healthy baby girl in Los Angeles over the weekend and both mother and daughter are doing well. A source told website RadarOnline.com: "Everyone is doing fine. It's very exciting for Amy, Darren and their families.

Amy, 35, got engaged to Darren in July 2008 and has said she would be using her maternity leave to plan their nuptials.

METRO NEWS SERVICES

Twilight pair go on the lam

YOU CAN'T HIDE FROM THE PAPARAZZI FOREVER Kristen Stewart admits that she and Robert Pattinson have become homebodies thanks to all the attention they get from the paparazzi, according to USA Today.

"They just make up a story to go along with the pictures," she says of the photographers that follow their every move. "If they never get the picture, there's no story. We are just good hiders now."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is reaching out to Lindsay Lohan, **JIM CARREY** is doubting his abilities, **SAMANTHA RONSON** is feeling left behind, and **JUSTIN BIEBER** knows how to party.

@CourtneyLoveUK
@lindsaylohan i have this urge to help you today im sorry you left the hotel i think i know what to do for you, had it for a few days

@JimCarrey
Spent 10min trying 2 spell 'exercise' 2day. Sometimes a word you know how 2 spell suddenly just doesn't look right, even on spell check.

@samantharonson
Don't you hate it when your friends grow up without you?

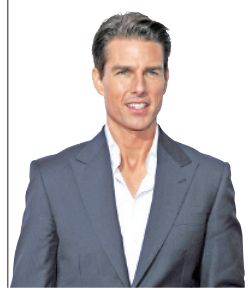
@justinbieber
got to go to Sea World yesterday and see. Shamu made me believe and i got to make out with some Beluga Whales.
good times
METRO NEWS SERVICES

Suri the fashion guru

AND GIVING HER EVERYTHING SHE WANTS ISN'T GOING TO CAUSE PROBLEMS LATER ON. Despite wild reports of high-priced wardrobe items — including $850 Ferragamo bags and $635 dresses — Tom Cruise says four-year-old Suri Cruise gets whatever she wants when it comes to fashion.

"Whatever she wants to wear, she wears it," he tells Oprah Winfrey about his daughter with Katie Holmes. "I'm not going to tell her different." Besides, he admits, Suri knows what she's doing. "She's got great taste, too," he says. "She tells me what to wear."

METRO WORLD NEWS



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Wednesday Showers 60% 17° / 9°
Thursday Showers 60% 12° / 9°
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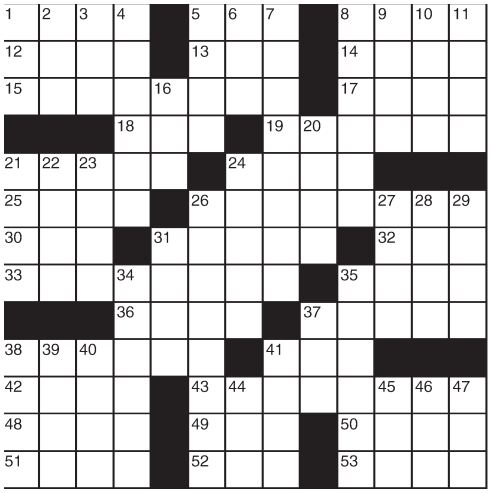
Take Five



ACROSS

1 Relinquish
5 The D in DJIA
8 Faction
12 Credit card name, for short
13 "... rose — rose"
14 Operatic solo
15 Richly sweet
17 Victory's opposite
18 Charged bit
19 Hypnotic state
21 Treaties
24 Strait-laced
25 Capri, e.g.
26 2010 Oscar-winning film
30 Greek cross
31 Working-class member
32 Expert
33 Plausible but untrue
35 Burn somewhat
36 On a pension (Abbr.)
37 Move laterally
38 Read
41 Encountered
42 Astringent
43 Kind and courteous
48 Arm or leg
49 One part of ENT ...
50 ... and another
51 Church service
52 Agt.
53 "Pygmalion" playwright

DOWN

1 Ore. neighbor
2 Ostrich's kin
3 — Moines
4 Stir up
5 "My Heart Will Go On" singer
6 Buckeyes' sch.
7 Strangers to frugality
8 Deli sausage
9 Press
10 Platter
11 Relaxation
16 One of the Cyclades
20 Wedding shower?
21 Quarries
22 Promptly, on a memo
23 Professor Plum's game
24 Exultant
26 Mentors' charges
27 Newspaper page
28 Caspian Sea feeder
29 Aching
31 Slapstick arsenal
34 Hansel and Gretel's trail
35 Peaceful protests
37 Moment
38 Coconut provider
39 Director Kazan
40 Piratic potables
41 "There's Something About —"
44 Knock
45 La-la lead-in
46 Patriotic chant
47 Stitch

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6						7	
	9	1			2		4	5
5			6		9			1
		3	4		8	6		
		2	3		1	8		
8			1		3			2
	3	4		7		5	9	
	2						1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	1	8	3	7	9	5	4	6
7	3	5	6	8	4	2	1	9
6	9	4	1	2	5	3	8	7
1	5	6	9	4	7	8	2	3
3	2	9	8	5	6	1	7	4
4	8	7	2	3	1	9	6	5
8	6	1	4	9	3	7	5	2
5	4	3	7	1	2	6	9	8
9	7	2	5	6	8	4	3	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Shrimp with Dill Dressing

INGREDIENTS:

1 cup mixed basmati and wild rice, rinsed
Zest and juice of 1 lime
2 tbsp canola oil, divided
2 tsp sesame oil
1 tbsp soy sauce
250 g broccoli florets
250 g snow peas, halved
500 g large peeled and de-veined shrimp
1 yellow pepper, seeded and sliced
3 scallions, sliced
4 tbsp chopped fresh dill
Salt and pepper

METHOD:

1. Cook rice with lime zest according to package instructions. Drain and add to wide salad bowl. Discard zest.

2. Whisk 1 tbsp lime juice, 1 tbsp canola oil, sesame oil, soy sauce, salt and pepper in small bowl. Drizzle dressing over rice and stir to mix. Spread out rice in bowl and leave to cool.

3. Steam broccoli over pot of boiling water 4 minutes. Add snow peas and steam 2 minutes. Drain vegetables and refresh under cold running water.

4. Heat remaining canola oil in skillet. Add shrimp; cook over high heat until cooked through, 1–2 minutes per side. Remove from heat and sprinkle with remaining lime juice.

5. Add pepper, scallions and dill to rice; stir gently. Pile shrimp on top and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't be too generous with your time and your money. An easy come, easy go attitude may be fun today but it won't be tomorrow if you end up poor.

TAURUS
APRIL 21-MAY 21
You seem to be going through a period of upheaval at the moment but you know that in the long-term it's for the best. Keep things simple.

GEMINI
MAY 22-JUNE 21
You appear to be a bit confused. You appear to have lost your way. Maybe it's because you have tried to be too logical in your thinking in recent weeks.

CANCER
JUNE 22-JULY 22
With the Sun and Jupiter working in your favor today you should find it easy to come to terms with difficult situations. Look for on the bigger picture.

LEO
JULY 23-AUG 23
Someone you have depended on many times in the past may not be there for you today and most likely you'll panic. It's for the best, for both of you.

VIRGO
AUG 24-SEPT 22
Something will happen over the next 24 hours that helps you understand some of the apparently senseless things that have occurred in recent weeks.

LIBRA
SEPT 23-OCT 23
You will have to admit that some kind of dream is not going to come true. Perhaps you were aiming too high. It's time to move on.

SCORPIO
OCT 24-NOV 22
You have begun to see certain people in a new light, and so many of the things you argued about in recent weeks no longer seem to matter.

SAGITTARIUS
NOV 23-DEC 21
You need to be more adaptable today. You also need to realize that there are certain things that not even you can do on their own. Get assistance.

CAPRICORN
DEC 22-JAN 20
You may be ultra competitive but ask yourself: does it really matter that much who wins? You are taking some things far too seriously. Enjoy life.

AQUARIUS
JAN 21-FEB 18
Simplify your routine and cut back on non-essentials. You need to manage your affairs in a more organized way.

PISCES
FEB 19-MARCH 20
The truth is rarely straightforward. What people say and what people mean are often two different things.

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